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The Hidden Center

by Rebbie Straubing

Inside the most painful of negative emotions lies a core of sweet, flowing joy. Sorrow, rage, depression, envy and jealousy all swirl around the invisible central axis of pure, multi-sensory bliss. Like bees swarming around a hive, the precious center gets obscured from our vision and all we see is the outer commotion.

Our negative emotions are made of the noise and activity of many conflicting thoughts all clamoring around a powerful desire. We would sense the desire flowing like honey if we could just get close enough to the heart of the matter. But from the outside, we don't even know what jewel lies at the core of the screaming, sobbing mobs of thoughts that have all clustered themselves around the fully hidden center.

Freedom From Scarcity

Scarcity is one of the most opaque notions that can block your perception of the joy hidden within a situation. When you believe that there is only one person you can love and that person loves another or there is only one job you want and someone else gets it or there are only so many potential clients for your business and someone else in your town seems to be getting most of them, you've got a dark field of bees swarming around your honey.

When a desire is very strong, it is not unusual for it to be accompanied by a sense of scarcity. That belief in scarcity then magnetizes crowds of thoughts to it. Those thoughts all agree that you must compete for what already exists. Wallace D. Wattles tells us: You must get rid of the thought of competition. You are to create, not to compete for what is already created.

The antidote is at hand. Relief from the anguish of desperately unfulfilled desire is much closer than you may think. In fact, it is right at the core of the envy. It is the jelly in the jelly donut of despair. In order to develop the very useful skill of mining the negative emotion for the good feeling it holds, we must learn to create rather than compete for what has already been created.

Finding the Feeling

In order to create rather than compete, we must find the very pure desire at the center of the swarming thought forms. Rather than putting on protective gear and plowing through the buzzing, stinging swarm of negative thoughts in search of the sweet center, we can easily feel our way there from the inside.

We can instantaneously transport ourselves to the center of all the activity by feeling it and moving inward toward it. Once we arrive, we will often find a very simple and innocent desire. The desire to love and be loved. The desire to feel alive. The desire to

freely enjoy moments of ease. The desire to feel connected. The desire for adventure. With no judgment, no assessment of its practicality, no thought to our worthiness, we just land right in the feeling. We simply want to see what is there. What is this desire that is causing all the commotion?

The New Swarm

Once you find the simple, good feeling desire at the core of the emotional turmoil, stay there as long as it pleases you. Generate more thoughts about it. New thoughts. Thoughts that match how good the thing you desire truly is. Stay pure in your thoughts about its goodness. Feel it from every direction. Soak your mind in the nectar of the sweet desire.

Very soon the old swarm of thoughts will be replaced by new thoughts and feelings that match the sweetness of the center. Clothing the desire in thoughts and feelings that match it rather than ones that resist it will make your previous anguish, rage or depression unrecognizable. They will be gone. In their place you will find eagerness, aliveness and satisfaction (even in the unfulfilled desire).

Getting the Honey

We can break this down into four steps that you can use when you feel the agitation of negative emotion arising in you:

1. Recognize that the negative emotion you are feeling is coming from a swarm of conflicting thoughts obscuring something very good and sweet at the center.
2. Look within to find the innocent, good feeling desire at the core.
3. Put aside judgments, assessments and thoughts of what anyone else is doing or what anyone else might think.
4. Focus purely on the good feeling of the desire you found. It's the feeling you imagine you would have if the desire were fulfilled.

This process lifts you from the competitive mind of scarcity and places you on the journey of creation. It feels good while you are doing it. It yields satisfying results, and practiced regularly, it will change the emotional landscape of your life.

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Dr. Rebbie Straubing, spiritual writer, workshop leader and Abraham coach (www.abraham-hicks.com), has also developed The Yoga of Alignment (YOFA), an inner system of alignment based on the principles of meditation and a compassionate approach to daily life. For workshops, long-distance classes and telephone consultations visit her website at YOFA.net. She can be reached at yogaofalignment@cs.com.

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